

# Flipturn

*NCAA has changed their rules and now allows current college coach endorsements*

"Rick Paine and the staff at ACC have earned my trust and respect. The coaches at American College Connection get to know young people and their families in a way that puts a premium on their collegiate experience. ACC has the knowledge, integrity and network to make the recruiting process an enjoyable and proactive journey for their clients."



Bill Dorenkott  
Director of Men's and Women's  
Swimming and Diving  
The Ohio State University



## Nutrition Corner

If you know you should eat something to increase your energy before practice but are afraid of feeling heavy or bloated, these easy-to-digest snacks are among my athletes' favorites:

Grapes  
Watermelon  
Mandarin orange  
½ banana  
Dried mango  
Cheerios

Contributing author:  
María Inés Flores  
Olympic gymnast  
Certified Nutrition Coach  
[letsbefittoday.com](http://letsbefittoday.com)

We have added an extraordinary new member to our ACC family!

## NEW KID ON THE BLOCK

Kevin Weldon

Let me introduce myself to the partners of American College Connection (ACC)! My name is Kevin Weldon, currently Head Coach of the Dayton Raiders. I will be stepping down after 33 years as head coach at the end of the 2022 short course season. In the meantime, I have been asked by Rick Paine, President of ACC to come on board as Director of Club Relations. I have known Rick for close to 40 years. Our paths crossed in 1984 when I left my position as the Assistant Men's Coach at the University of Nebraska and he was my replacement. Rick continued in the college setting as I moved on to coach club swimming.

I had been strategizing my next professional phase when Rick saw one of my social media posts and reached out to me to see if I would be interested in coming to work for ACC. Rick was not only familiar with my success rate in developing quality swimmers, but also aware of how many of my swimmers went on to swim in college all across the country. I discussed with Rick how much I enjoyed assisting my swimmers in securing a spot on college teams ever since my days as the recruiting coordinator at the University of Nebraska. Rick began to fill me in on the success of ACC when it occurred to me that this seemed like a logical step for my next employment opportunity.

I have enjoyed every minute of working with my swimmers in this process, but I will be honest, it takes an incredible amount of time. Providing sufficient time to help swimmers through college academic and athletic program research; properly promote these athletes and ultimately connect with college coaches can be very time intensive. I was fortunate that I could make it work with my schedule, but not every club coach or parent has the kind of time to dedicate to this detailed work.

Over the years, I have been contacted by various recruiting services but for a multitude of reasons I always shied away from them. There was nothing they could offer that was better than I could do. Fast forward to today, where I have gained a much different perspective.

I researched numerous recruiting services and no one service is the same. The reason that American College Connection caught my attention is that ACC feels more like a family and is more personal. It became very evident to me that ACC is not a recruiting service, but more a recruiting educational company that works SOLELY with swimming and diving. All the other companies service all sports. Ask yourself this question? Would you rather have your son and daughter working with a swim coach or a coach of another sport? No other program out there can do what we do!

There are many recruiting services, but there is only one Recruiting Education Company run by former college/club swimming coaches and that is American College Connection.

- How would you like to have your swimmer's recruiting planned, organized, and implemented by former college/club swimming coaches?
- How would you like to work one on one with former college/club swimming coaches who know the recruiting game?
- How would you like to have assistance initiating contact with college coaches?
- How would you like to have a former college/club swim coach evaluate your swimmer so that their swimming potential could be uncovered for college coaches to see during the recruiting process?
- How would you like to know if a college coach looked at your swimmer's info and is potentially interested or not?
- How would you like to have experts recommend college suggestions that could be a best fit for your swimmer based on academics, swimming, and scholarships?
- How would you like to know the kind of times your swimmer needs to be recruited by a particular school?
- How would you like to be updated on new NCAA rules as they are implemented?
- How would you like for your swimmer to get help with their college essay from an Academic Advisor and teaching professional?
- How would you like to have your swimmer's recruiting video professionally edited and delivered directly to college coaches?

The professionals at ACC do all of these things and more! If this is enough to peak your interest, please give us a call or email. Ask for Rick, Lori, Donny or myself. My direct email is [kevin@accrecruits.com](mailto:kevin@accrecruits.com).

I am looking forward to connecting more club teams and swimmers with ACC to educate them on the "recruiting game" and what we have to offer. As Director of Club Relations, I would be happy to share how I can be of service. If nothing else, you will receive a lot of FREE information to get you started!

